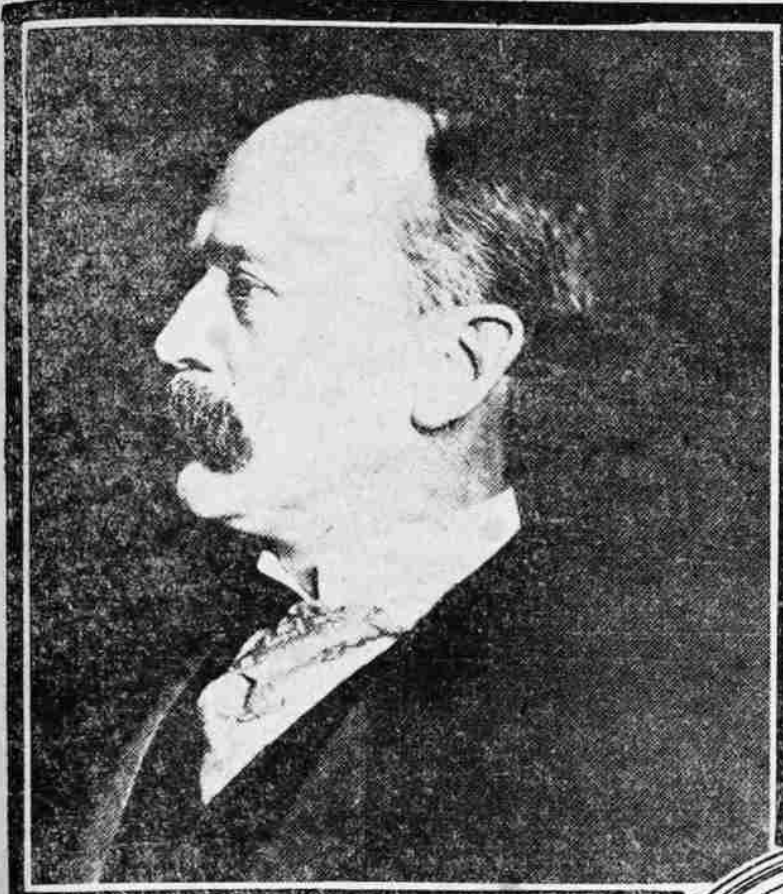
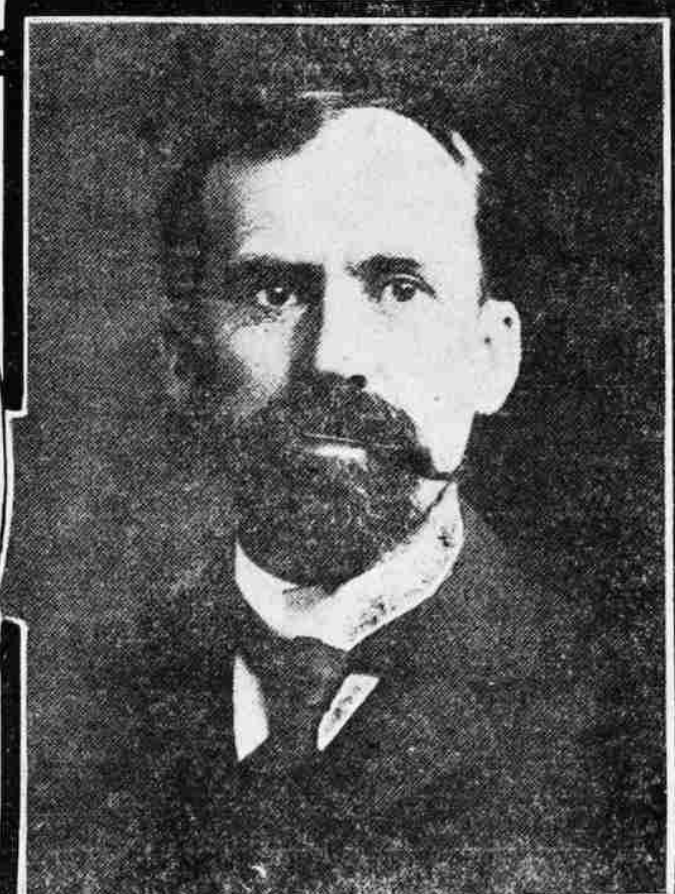
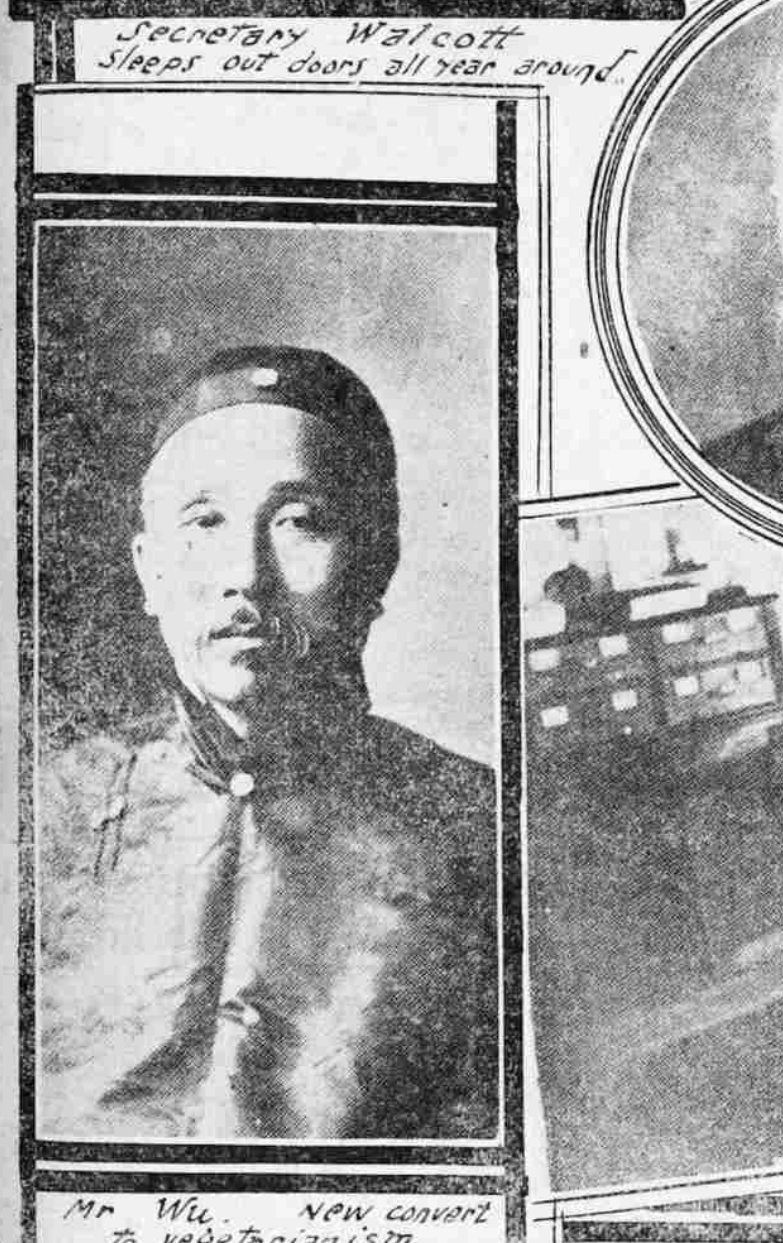
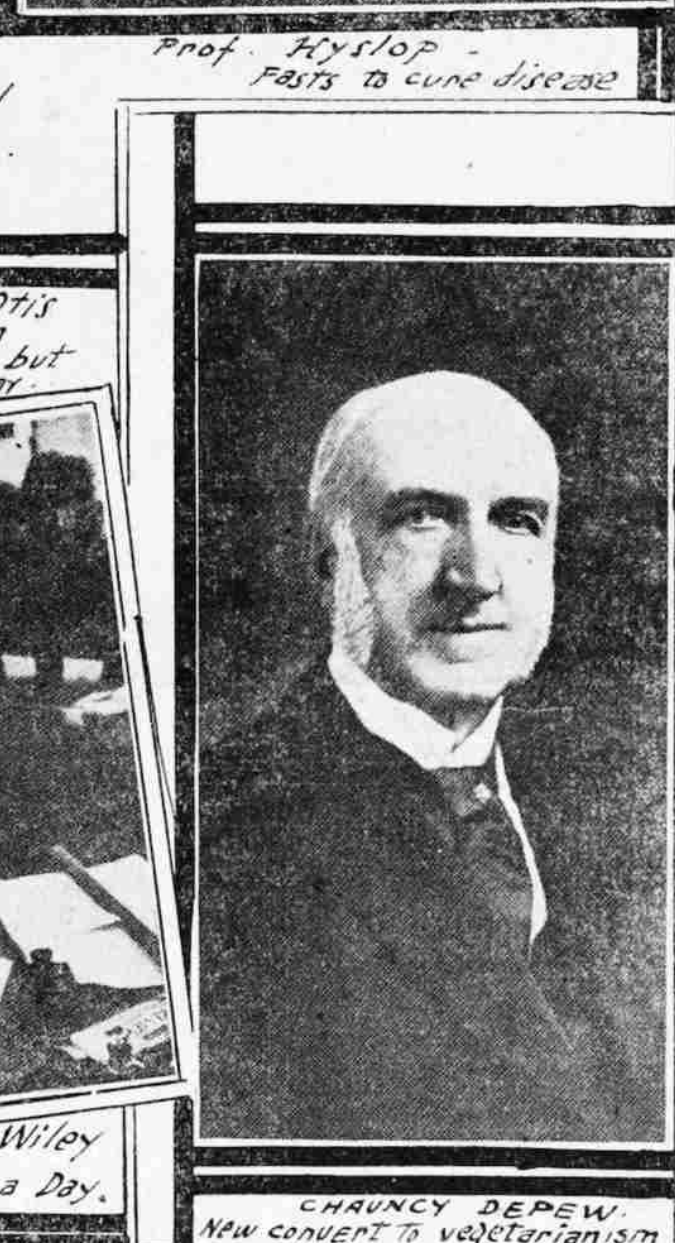


BY JOHN ELFRETH WATKINS

FADS OF THE GREAT

TO PROLONG LIFE

CHINESE MINISTER JUST CONVERTED TO HENDERSONISM, WHICH INCLUDES TEETOTALISM AND VEGETARIANISM—CULT LED BY WIFE OF SENATOR HENDERSON—CHAUNCEY DEPEW ANOTHER NEW CONVERT TO VEGETARIANISM.

Secretary Walcott
Sleeps out doors all year aroundMrs. Mary F.
Henderson
Who converted
Mr. Wu.Prof. Hyslop
Fasts to cure diseaseMr. Wu. New convert
to vegetarianismProf. Otis
Mason
Eats but
twice a day.CHAUNCEY DEPEW.
New convert to vegetarianism

The fads of the famous for keeping young and vigorous are many and varied.

Mr. Wu Tingfang, the Chinese minister, says he expects to reach 200 by living up to the tenets of vegetarianism and teetotalism, to which he has just been converted. "Champagne is poisonous," he makes one dizzy in the head," said Mr. Wu the other day. "It is good to the palate, but detrimental to one's system. When I gave up meat for a while I began to doubt the theories of the vegetarians. I had always had a feeling for chicken, especially fried chicken, but that luxury, too, has had to go. I now see the value of vegetarianism, and intend to be a missionary to my people on my return home and will scatter its principles broadcast. People must in the near future see its benefits. Life and youth have come back to me and I believe that I will live to be 200 years old because of the practice."

Poured Out Wine.

Mr. Wu is a convert to the cult of Mrs. Mary F. Henderson, wife of the former Senator from Missouri and chaperone of Henderson castle, most

imposing of the capital's palatial residences, which overlooks the city from the crest of Meridian hill, highest point in the District of Columbia. Some time ago, when residents at the foot of the hill were startled by a descending tidal flood of pungent liquor they looked out to discover that the millionaire Henderson—just converted to teetotalism—was, amid ceremony, emptying their wine cellar of his ancient and costly stock. Mrs. Henderson, aside from her work as woman suffragist and social reformer, has devoted considerable time to dietetics, having written a work on dinner-giving. Her vegetarian and total abstinence dinners have been among the social curiosities of the past season, and she has made many converts to her cult, which eschews even tea. Recently, when it was announced that Mr. Wu, while at a banquet in Philadelphia, had "fallen off the water wagon," Mrs. Henderson called the Celestial envoy promptly before a meeting, being entertained by Miss Janet Richards, the lecturer, who periodically explains to the wives of the official set what the husbands are doing in the mysterious realms of politics and statecraft. Miss Richards called upon Mr. Wu for

an emphatic denial of the horrifying rumor from the Quaker City, and this he made forthwith.

Depew Becomes Vegetarian.

Senator Chauncey Depew is another convert to vegetarianism, but not through the charms of Mrs. Henderson. "I notice that when the newspapers speak of giving up beef because of the rising price there is universal ridicule," he said only a few days ago. "I date my freedom from almost chronic rheumatism to the day when I stopped eating beef; and sleep, digestion and clarified vision such as I have never known before have kept increasing as I have dismissed flesh and fowl for vegetables. With nine-tenths of the world the greatest happiness in life is the table piled with the things one loves to eat and drink and the pleasure of a gorge. But for that, from my experience, the hospital and the graveyard would be largely out of business."

Mark Twain Has Fasting Fad.

Mark Twain confesses to the fasting fad. "A little starvation can really do more for the average sick man than can the best of medicines and the best of doctors," says he. "I do not mean a restricted diet, I mean total abstinence from food for one or two days. I speak from experience. Starvation has been my cold and fever doctor for fifteen years and has accomplished a cure in all instances."

Another who cures his ills by fasting is Professor James H. Hyslop, head of the American Society for Psychical Research, and its principal co-laborer, Mr. Howard Carrington, has just finished a book undertaking to prove that the body does not derive its energy from food, but from an external, all-pervading cosmic energy.

Edison a Disciple of Cornaro.

Edison says that for forty years he has carried out the ideas of Cornaro, and that his forefathers, who did the same, lived beyond the century mark. Cornaro, of whom Senator Depew is also a disciple, was a Venetian who lived to be over 103. He was a sport and a rone until middle life, when, finding his system wrecked and the grave yawning before him, he commenced to restrict himself to a daily allowance of twelve ounces of solid food and fourteen ounces of wine. As he grew older he gradually reduced this fare until he accustomed himself to subsist on no more solid food than an egg a day. At the same time he avoided extremes of temperature, weariness, hatred and melancholy. Edi-

son believes that we can live and work as long as we want to. "Medicine is played out," says he. "Every now discovery of bacteria shows us all the more convincingly that we have been wrong and that the millions of tons of stuff we have taken were all useless. The doctor of the future will give no medicine, but will instruct his patient in the care of the human frame, in diet and the cause and prevention of disease. Surgery, diet and antisepsis—these three are the vital things of the future in the preservation of the health of humanity. There were never so many able, active minds at work on the problem of disease as now, and all their discoveries are ending in the simple truth—that you can't improve on nature."

Sleeps Outdoors Year Around.

Charles D. Walcott, secretary of the Smithsonian, sleeps out of doors night, winter and summer, not for the cure of any constitutional ailment, but because his early life as an active geologist, camping in the west, proved to him that this method, intended by nature, was the healthiest. He has had especially created in his Washington mansion a large upstairs porch for this purpose. He is also a mountain climber, a pedestrian and by far the healthiest and most vigorous looking official of the capital's scientific noterie. John D. Rockefeller has tried more health fads than perhaps any other man now in the public eye. At first it was the bread and milk diet, and then strenuous

walking, but more recently the Kneipp cure—walking through grass of early mornings in his bare feet. Another who found himself a physical wreck at ten years before the age when the Venetian centenarian changed his mode of living, and at this period had three chronic diseases, no life insurance company being willing to accept him as a risk. By eating and drinking less than the ordinary person would consider a bare sufficiency of life, Mr. Fletcher had so built himself up inside of five years that he was able to cycle 200 miles in a day, at the same time ascending the head of the Yale gymnasium by taking with ease the severe exercise prescribed for the "varsity crew." "Chew your food—not only your solid food, but milk, tea, coffee, wine, soup, anything that has taste"—is one of Mr. Fletcher's maxims.

Reduced His Food One-Third.

Prof. R. H. Chittenden, director of the Sheffield Scientific School at Yale,

he disdained troubling his assistant at a desk close by his own, and, with the elasticity of a man of fifty, rose quickly from his chair and walked briskly and as straight as a ramrod into the adjoining room to get what I asked for.

How Mason Lives.

Prof. Otis Mason, the well-known ethnologist, who is the happiest man in scientific circles, confessed to a strict regimen of life to which he attributes his remarkable recovery from a stroke of paralysis brought on by overwork ten years ago, since when he has accomplished his most noted scientific work. This regimen includes deep and rhythmic breathing, one breath to so many pulsations of the heart; the drinking of water five times a day, six swallows at a time, and never at meals; eating but twice a day, always "with attention, appreciation and pleasure," and never swallowing a particle of solid food without salivating, bathing regularly in tepid water at the body's own temperature, and never stimulating the skin with extreme temperatures; purifying himself not only with fresh air, but quite as regularly with the blue rays of the sun, "the vivifying element of health;" resting daily, with seven hours of sleep and one hour without sleep; exercising daily those muscles not used in the routine of work; working with the avoidance of all strain or fatigue, regarding all contentions among his associates with a sense of humor and exercising the patience to create as correct a thought in the mind of a child asking a foolish question as in that of a scholar seeking the solution of a profound problem; dressing in the thermometer absolutely, and not by the senses, and therefore not wearing a zero weather shirt in a 90-degree room in winter. Professor Mason added that he varies his outside garments rather than his underclothing to differences in temperature, and thus keeps always at hand what he calls his "seventy coat," "eighty coat" and "ninety coat."

Wiley Eats Meat Once a Day.

Dr. H. W. Wiley, father of the pure food law, eats meat but once a day in warm weather and eschews tobacco. He has no other hobby beyond keeping eternally happy. "We will yet see professorships of amusement in our colleges and universities," he told me. "The recreations of men are of quite as much importance as their vocations. It is quite as important to know how to amuse one's self as to have the leisure and opportunity to do so."

The President is another non-smoker. He is also said to observe a diet for the reduction of his weight and to have consulted the government dietary specialists concerning it, but they are non-committal as to this. Among big men, who, like Mr. Wu, are teetotalers are William J. Bryan, Vice President Fairbanks, Senator Bailey, Gen. O. O. Howard and David B. Hill. And on the list of those who, like Edison, have given up drugs for the cure of disease are Senator Clapp, Dr. J. W. Fewkes, the noted archaeologist; Charles Klein, the playwright, author of "The Music Master," Richard Carle, the comedian; Robert C. Clowry, president of the Western Union Telegraph company, and Richard F. Outcault, comic artist, the creator of "Buster Brown," and Howard Chandler Christy, the artist, all of whom are Christian Scientists.

Fletcherism's Founder a Cornaroist.

Horace Fletcher, founder of "Fletcherism" and "Menticulture," also author and lecturer, is like Senator Depew and Edison, a disciple of Cornaro. He found himself a physical wreck at ten years before the age when the Venetian centenarian changed his mode of living, and at this period had three chronic diseases, no life insurance company being willing to accept him as a risk. By eating and drinking less than the ordinary person would consider a bare sufficiency of life, Mr. Fletcher had so built himself up inside of five years that he was able to cycle 200 miles in a day, at the same time ascending the head of the Yale gymnasium by taking with ease the severe exercise prescribed for the "varsity crew." "Chew your food—not only your solid food, but milk, tea, coffee, wine, soup, anything that has taste"—is one of Mr. Fletcher's maxims.

Eats Curdled Milk for Longevity.

But the very latest foodism which we have imported is Metchnikoffism. The founder, Prof. Elie Metchnikoff, of the Pasteur Institute, Paris, lives strictly in accordance with his discovery and eats curdled milk every day as a regular diet, in order to fill his intestinal canal with bacteria which he believes to be the deadly enemies of the microbes causing old age. This savant declares that the average man should live 120 years, and he advocates cutting out the large intestine as a further means of prolonging life. Perhaps this latter operation may become as fashionable among us as that for the removal of the vermiform appendix, but as yet there has been no bulletin from Professor Metchnikoff announcing that he has had it performed upon himself.



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claims to have proven upon himself, and later upon thirteen soldiers and eight athletes, all doing active work, that the body sustains its weight and increases its vitality upon one-third the protein food generally considered as necessary for the healthy man—and by protein food is meant the principal constituent of meat, milk and eggs—that which supplies nitrogen to the body. On this diet he says he and his subjects showed increased strength and improved responsiveness of mind, while almost every man stored nitrogen rather than lost it.

"The so-called cravings of appetite are purely the result of habit," he says. "A habit once acquired and persistently followed soon has us in its grasp, and then any deviation therefrom disturbs our physiological equilibrium. Any one with a little persistence can change his habits of life, change the whole order of cravings, thus demonstrating that the latter are purely artificial, and that they have no necessary connection with the welfare or needs of the body."

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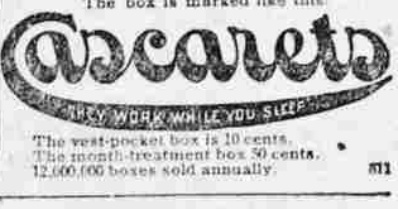
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